

Mountaineer

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Carson begins first stage of makeover

**Photo and story
by Sgt. Clint Stein**
Mountaineer staff

Members of the Mountain Post community have barely had time to get acquainted with the new and remodeled buildings as Fort Carson undergoes yet another giant makeover.

As a result of Base Realignment and Closure process, Fort Carson is undergoing a huge transformation in its infrastructure as it prepares for some long-term residents.

The first stage of construction projects to build new facilities that are to accommodate the 2nd Brigade, 4th Infantry Division from Fort Hood, Texas, are now under way on the south side of post.

At an estimated cost of \$328 million, the initial project will consist of a brigade/battalion headquarters, dining facility, motor pools, three company operations facilities, 18 company facilities, barracks and all the road and utility work to support the new area. This new area will support the heavy brigade, said Maj. John Hudson, Corps of Engineers Omaha District and Fort Carson resident engineer. A division headquarters and facilities to support the light part of the brigade will be added at a later date.

The entire construction project for the heavy brigade is divided into quarterly projects over the course of three fiscal years, said Hudson. The first stage of the first project began last

week with the reconstruction of Brown Road. Currently, Brown Road serves as an alternate access to Butts Road where it intersects with Butts Road and Titus Boulevard. Workers removed the old pavement in order to begin the process of widening the road and laying down new pavement for increased capacity and load, said Hudson. He said eventually Brown Road will be the main road to access Butts.

Hudson said after the 4th ID facilities are built, the section of Butts Road from Specker Avenue to Brown Road will not exist. Using Specker Avenue to access Butts Road is how most people went down range or to Butts Army Air Field, but Hudson said that will soon be a thing of the past. "That's why (the Army Corps of Engineers) is improving Brown Road because it will support all the traffic to Butts Road," he said.

The reason that a portion of Butts is being removed is because that area will be used for the new company facilities and motor pools. Hudson said that site was chosen because it was the most cost effective in terms of connecting the new facilities to existing Fort Carson utilities as compared to other possible sites.

The new brigade/battalion headquarters, barracks and dining facility, will be located on the east side of Specker across from the Outdoor Recreation Complex.

Hudson said in order to put the new facilities at those sites, changes will have to be made to Specker and thousands



A worker removes the pavement from Brown Road as part of the initial construction project to prepare for the arrival of 4th Infantry Division.

of tons of earth will have to be moved from the bottom of Signal Hill.

The intersection of Specker and Titus will be relocated further north on Specker, and Specker will be rerouted to make way for the new buildings. From the relocated intersection, on

Specker going south to Barkeley Avenue will become a four-lane road, said Hudson.

He said the road construction of Specker should begin around the first

See **Makeover** on Page 12

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Post weather hotline (719) 526-0096

MUST SEE



Moving elephants for the circus.
See Pages 22-23.

Post to hold Motor Vehicle Safety Day

Public Affairs Office

In fiscal 2005, there were 432 personally-owned vehicle accidents Army-wide. Of those, there were 141 fatalities, 40 of which involved motorcycles. Fort Carson Soldiers were five of those fatalities, one involving a motorcycle.

As of June 19, there have been 221 POV accidents Armywide with 81 fatalities, 34 involving motorcycles. Fort Carson lays claim to three of those fatalities, one involving a motorcycle.

Vehicle safety is important to everyone. Safety training is important, too, but making it informative and interesting is a challenge.

To meet the challenge, Fort Carson is holding a Motor Vehicle Safety Day and Motorcycle Rodeo on June 30 from 9 a.m.-4 p.m. at the Special Events Center. The idea is to teach Soldiers, Department of Army civilians and family members

about motor vehicle safety in a fun way. It is especially important during the summer months when accident rates are the highest and many Soldiers have to reacquaint themselves with driving on American highways upon returning from deployments in Iraq.

The Motorcycle Rodeo is being coordinated with A Brotherhood Active Towards Education of Colorado, which provides Fort Carson with Motorcycle Safety Foundation-certified instructors for the motorcycle safety classes. Riders must bring their own motorcycle, properly registered with Fort Carson, and appropriate gear. After registering at the SEC, a safety brief will be held with a check of driver's license, registration, insurance and MSF card.

A written exam of motorcycle safety will be given prior to entering

See **Safety** on Page 19

Army must keep in touch with Joe Average

Commentary by David W. Kuhns Sr.
Army News Service

Once again, all the major national polls are reporting that the military services are the most trusted institutions in the United States.

As we pass the Army's 231st birthday, it is pleasant to know that the service we are part of is held in such high esteem. But after a brief period of self-congratulations, it would be well for us to reflect on the implications.

Having that degree of trust from the American people implies an awesome responsibility. If people are going to place that degree of trust in you, you better live up to expectations.

That is the secret of the Army, I think. We are answerable to every voter, every Joe Average in the nation. Soldiers might be remote from the senior levels of their chain of command, but to see the boss, all they have to do is drive out the main gate.

In this time of a professional Army it might be easy to lose that connection. The pace in the Army is pretty intense. Units all seem to be preparing to deploy, deployed or recovering from a recent deployment. There is no time out;

few opportunities to get away from the green machine and just be one of the guys. That is the case even for civilian workers on post. Tight budgets mean more has to be done with fewer people. Everyone feels the pressure.

With all that, it would be easy to stay within our own Army world — easy, but dangerous.

In the history of the world since our nation's founding, effective, professional militaries have rarely been associated with democracy and freedom. Think about it — there were the British in the 19th century, the U.S. now and ... I can't think of another case.

Democracies have always depended on conscription — the draft — to fill the ranks of their armies during war and usually during peace, too. Otherwise, their ranks have slipped to small cadres that barely stayed prepared for the next mobilization, when they would train a new wave of citizen Soldiers.

But a professional Army — especially one that is isolated from the population it protects — could easily transform into a military class, one with more allegiance to its own members than to the rest of the nation's people.

Sound far-fetched? Look around the world

and think of how many nations must think of their militaries when considering political power. That the military isn't considered a political force here might be one of the most remarkable things about our country and our Armed Forces.

That high level of trust the polls report comes because the Army and its sister services have shown they are good at their jobs, certainly. But also because rarely have those in our nation's uniforms ever questioned the authority of the civilians they serve. Only the lunatic fringes seriously consider anyone in the Army, the Navy, the Air Force or the Marines a threat to the civilian institutions that run the country.

We would all do well to stay connected to that off-post world. That trust is a valuable commodity. It means having the support needed to accomplish the mission; knowing families are cared for when Soldiers deploy; knowing there is a welcoming community to turn to when that career in uniform is over.

And it is always good to remind yourself who the boss is.

Editor's note: David W. Kuhns Sr. is the editor of the Northwest Guardian at Fort Lewis, Wash.

POST TALK: With the record-high temperatures, what are you doing to beat the heat?



"The heat doesn't really bother me. I love it, but I drink plenty of water."

Lamar Johnson
Directorate of
Morale, Welfare
and Recreation



"I just don't leave the office unless I have to. I work indoors as much as possible."

Andrew Rogers
7th Infantry Division
Executive Services



"My advice is to stay hydrated, drink lots of water."

Steven J. Hollister
Directorate of
Morale, Welfare
and Recreation



"Stay inside and keep the AC blasting."

Pvt. Larry Strong
2-12th Infantry



"We stay inside in the air conditioning and then we take the kids to the pool."

Emily Coulter
Family member

MOUNTAINEER

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NEWS

GO Steering Committee resolves 7 AFAP issues

by Margaret McKenzie

Army News Service

ARLINGTON, Va. — The Army Family Action Plan General Officers Steering Committee resolved seven quality of life issues during a meeting June 12 at the Pentagon.

The issues originated at installations throughout the world and cover six areas — civilian employment, casualty assistance, Reserve component medical/dental, youth issues, medical and remaining agenda items. Issues completed by the GOSC include:

- Medical coverage for activated Reserve component families: Under the Uniformed Services Employment Re-employment Rights Act, employers must reinstate Reserve component members' health coverage upon re-employment.
- Availability of refractive eye surgery: There has been a 600 percent increase in the number of surgeries at all Warfighter Refractive Eye Surgery Centers since its inception in 2002. Twelve-thousand surgeries are projected for this year. Almost all Army medical centers have refractive surgery centers in operation, a 60 percent increase in eye surgery locations.

The Army Medical Department plans to open more centers in areas of major troop concentrations, such as Fort Benning, Ga., and Fort Bliss, Texas.

Refractive eye surgery is voluntary; Soldiers will still need combat eye protection, and many Soldiers will still have to wear a small spectacle prescription after surgery.

- Expiration of TRICARE referral authorizations: Referral authorizations will stay in effect for 90 days, eliminating the automatic expiration of the initial TRICARE referral after 28 days. Army Medical Command has provided guidance in the MEDCOM Primer and also on the Army Knowledge Online Web site regarding the authorization. A unique referral tracking is now in place that will permit continued follow-up on unappointed referrals. It also ends the use of several referrals for one condition.

- Funding installation and regional youth leadership forums: Funding is provided in the youth services budget to provide youth leadership forums and instructor/student training. The requirement to conduct installation youth leadership forums is now included in the annual installation child and youth assessments. All Installation Management Agency regions conducted youth leadership forums in fiscal 2005. Current funding and travel restrictions resulted in IMA postponing the region forums for 2006.

- Funding for Department of Defense Dependent Schools summer school for kindergarten through

grade 12: The Department of Defense Education Activities provide funding from within their existing resources for summer enrichment programs for kindergarten through eighth grade.

Three-hundred-twenty spaces also were allocated for high school students for an online remediation summer program in English, mathematics, social studies and science for students who need the courses to graduate. Student attendance at summer school has increased 85 percent, with 81 percent passing.

- Stabilization from major training exercises after deployment: A revision to Army Regulation 350-1, Army Training and Leader Development, include the following language "for units returning and recovering from an extended operational deployment, to the extent possible, commanders will limit training activities which cause Soldiers to be away from their immediate families."

The issue deemed unattainable was death benefits for stillborn infants. Because no birth or death certificate is issued for stillborn children, they are ineligible for Family Service Members' Group Life Insurance.

Seventeen issues remain active, The next GOSC meeting, conducted concurrently with the worldwide AFAP conference, is scheduled for Nov. 13-17 in Arlington, Va.

Army awards campaign participation credit, streamers for GWOT

Army News Service

WASHINGTON — The Army began recognizing the heroic contributions of its units toward the Global War on Terror June 15 with the award of campaign participation credit to units that served and/or are serving in the theater of operations supporting the GWOT.

Three new streamers are being awarded to those units who qualify: one for service in Afghanistan, embroidered “AFGHANISTAN;” one for service in Iraq, embroidered “IRAQ;” and one for service in other such

geographic regions as Kuwait, Qatar or the Horn of Africa, embroidered “GLOBAL WAR ON TERRORISM.”

This brings the total number of campaign streamers displayed on the Department of Army flag to 178.

“The award of campaign participation credit and the three new award streamers to those units who qualify, that have supported or are supporting GWOT, is a way to recognize the tremendous contributions those units have made,” said Col. William Johnson, chief of the Army’s Military Awards Branch.

This is the first time since the Kosovo Defense Campaign in 1999 that the Army has awarded campaign participation credit and streamers to eligible units.

More than 616 unit awards have been processed for GWOT to date, and 497 have been approved.

To receive campaign credit, eligible units must submit applications.

Editor’s note: For eligibility criteria and application instructions, visit the Military Awards Branch Web site, or call (703) 325-8700.



During the Army birthday celebration on the lawn of the Capitol Building June 15, Secretary of the Army Francis Harvey affixes the Operation Enduring Freedom campaign streamer to the Army flag while Sgt. Maj. of the Army Kenneth Preston and Army Chief of Staff Gen. Peter Schoomaker look on.

Photo by Staff Sgt. Carmen Burgess

MILITARY



Photo courtesy DOIM, Visual Information Branch

231 years and still going strong

The Army birthday cake is cut at the Army Ball Saturday by (from left to right) Maj. Gen. Robert W. Mixon Jr., Fort Carson and 7th Infantry Division commander; Pvt. Kenneth Thomas, B Company, 2-12 Infantry, 2nd Brigade Combat Team; Command Sgt. Maj. Terrance McWilliams, Fort Carson and 7th ID command sergeant major; and Lt. Gen. Joseph Inge, deputy commander of U.S. Northern Command and vice commander, U.S. Element, North American Aerospace Defense Command at Peterson Air Force Base.

Military briefs

Miscellaneous

Pikes Peak Community College — Pikes Peak Community College has opened special open entry/open exit courses tailored to Soldiers. Courses meet at the Mountain Post Education Center, bldg 1117, room 315C. Students can work at their own pace, on-site or at home, at times that are convenient for them. Class sessions run from July 3-Aug. 5. Sign up through www.GoArmyEd.com to register and receive tuition assistance. Registration closes June 30.

Colorado approves Bronze Star license plates — On June 5, Gov. Bill Owens signed a bill authorizing Colorado license plates be issued beginning Jan. 1, 2007, to Colorado veterans who are recipients of the Bronze Star Medal. Two distinct Bronze Star plates will be issued, one for meritorious service and the other for veterans being awarded the Bronze Star for valor.

MP Corps anniversary — The 759th Military Police Battalion is celebrating the 65th anniversary of the Military Police Corps July 15 at the Double Tree Hotel ballroom in Colorado Springs. All active duty, Reserve component and retired MP Soldiers are invited to attend the ball. For more information or to R.S.V.P. call Capt. Christian Blevins at 526-8031 or e-mail Christian.Blevins@carson.army.mil by July 7.

Joint Personal Property Shipping Office — The Joint Personal Property Shipping Office is scheduling group briefings to accommodate Soldiers set to depart the Mountain Post this summer. Individual briefings will not be held except in emergencies. All briefings will be group briefings. Soldiers must make an appointment to attend group briefings by calling 526-3755 or stopping by bldg 1220.

Officer Candidate School board — OCS local board packets must be turned in to the 502nd Personnel Services Battalion, bldg 1118, room 316, no later than July 10. The original application packet plus two copies should be turned in. Packets will be consolidated and those meeting eligibility requirements will be scheduled for the local OCS board to be held July 17-18 from 7 a.m.-5 p.m. at the Elkhorn Conference Center, bldg 7300. Packets for those candidates approved will be forwarded to the Department of the Army for approval during the week of Sept. 11. For more information call 526-5824.

DPW services — Do you know who to call when a windstorm causes damage to your facility, overturns a portable latrine or when trash containers are overflowing?

The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — LB&B service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.
- Elevator maintenance — Call Larry Haack at 526-6669.
- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract COR — Call Terry

Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

CIF Hours

Regular business hours

Due to the number of Soldiers who need to clear the Central Issue Facility during June and July, CIF is adjusting their operating hours temporarily. CIF will revert to normal operating hours Aug. 1. Soldiers may make turn-in appointments by calling 526-3321. Listed below are the new operating hours.

Initial issues

Monday, Wednesday and Friday 7:30-11:30 a.m.

Partial issues

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

Cash sales/report of survey

Monday through Thursday from 7:30-11:30 a.m. and 12:30-3 p.m. and Friday from 7:30-11:30 a.m.

Direct exchange

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

Partial turn-ins

Monday through Thursday from 12:30-3 p.m.

Full turn-ins

Monday, Wednesday and Friday 7:30-11:30 a.m. and Tuesday and Thursday from 7:30 a.m.-3 p.m.

Unit issues and turn ins

Call 526-5512/6477 for approval.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

Military Occupational Specialty Library — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

Legal Assistance hours — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., Friday from 8 a.m. to 1 p.m. and closed federal and training holidays. To make a personnel claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

DFAC hours — Fort Carson dining facilities operate under the following hours:

Wolf Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Indianhead Inn — Monday-Friday 7-9 a.m.

(breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Butts Army Airfield — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

Patton Inn — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

Striker Inn — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

10th SFG — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

Post shuttle

The post shuttle runs from 8 a.m.-8 p.m. Monday through Friday, excluding holidays. The last pickup is at 6:57 p.m.

Here's a list of stops and times (expressed as minutes past the hour):

1. 43rd ASG barracks, bldg 756, :00-:30
2. * Welcome Center, bldg 1218, :02-:32
3. * MEDDAC barracks, bldg 1013, :04-:34
4. * SRP site, bldg 1042, :07-:37
5. Across from McKibben Gym, bldg 1049, :09-:39
6. Family Connection, bldg 1354, :11-:41
7. IG Office, bldg 1659, :13-:43
8. 3rd HBCT Hq, bldg 1852, :15-:45
9. Barracks, bldg 2060, :16-:46
10. * 2nd BCT Hq, bldg 2350, :17-:47
11. Barracks, bldg 2450, :16-:46
12. Reserve Training Center, bldg 3450, :21-:51
13. * Occupational Health, bldg 2059, :25-:55
14. * Outdoor Rec, bldg 2429, :28-:58
15. 10th SFG, bldg 7416, :34-:04
16. Golf course, bldg 7800, :39-:09
17. * Evans Hospital, bldg 7500, :43-:13
18. * Colorado Inn/Elkhorn, bldg 7301, :46-:16
19. * Main PX, bldg 6110, :49-:19
20. * Mini-mall, bldg 1510, :51-:21
21. * Army Community Service, bldg 1526, :53-:23
22. Xtremes, bldg 1532, :55-:25
23. Lot across from HQ, bldg 1430, :57-:27

* These stops connect to a Metro City Bus link.

Briefings

Special Forces briefings — will be held Wednesdays at bldg 1217, room 305, from 10:11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at www.bragg.army.mil/sorb.

ACAP briefing — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday through Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m., bldg 1118, room 133. Call 526-1002 to schedule the briefing.

ETS briefing — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at bldg 1042, room 310. Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call Orlando James at 526-2240.



Photos by Master Sgt. Dennis E. Beebe



Honoring a Soldier

Above: The 2nd Brigade Support Battalion honor guard presents arms during the playing of Taps at a memorial ceremony for Pvt. Laurie Boylston at Soldiers' Memorial Chapel June 16.

Left: The boots, identification tags and a photo of Boylston are displayed during a memorial service in her honor at Soldiers' Memorial Chapel. Boylston was killed in an automobile accident.



Courtesy of DOIM Visual Information

Bayonet Strike awards

Maj. Gen. Robert W. Mixon Jr., commanding general, Fort Carson and 7th Infantry Division, presents an Army Commendation Medal to Pvt. Damian L. DeCastro, Charlie Company, 2nd Brigade Support Battalion, for his contributions during Exercise Bayonet Strike at an awards ceremony June 16. The two-week exercise was in preparation for the 2nd Brigade Combat Team, 2nd Infantry Division's upcoming rotation at the National Training Center in Fort Irwin, Calif., later this summer. It was announced Tuesday that the 2nd BCT would deploy in support of Operation Iraqi Freedom later this year.



Final salute

Above: The Honor Guard for 2nd Brigade Support Battalion presents arms during the playing of Taps at a memorial service for Pfc. Timothy Madison at Soldiers' Memorial Chapel Tuesday.

Right: The boots, Kevlar and a photo of Madison are displayed within Soldiers' Memorial Chapel during a memorial service in his honor. Madison, a Nebraska native, joined the Army at the age of 27 and arrived to Fort Carson in March. Madison is survived by his wife Melissa, his daughter Hailee, and his two sons Jonathan and Michael.



Photos by Sgt. Clint Stein

COMMUNITY

Red, hot news about tomatoes

by Maj. John R. Kitchen
Evans Army Community
Hospital



Hear ye, Hear ye! Men, eat
yar tomatoes!

Prostate cancer is the most common tumor
in American men.

Each year there are 198,000 new cases of
prostate cancer (31,500 deaths). So what do
tomatoes have to do with prostate cancer? More
and more interesting research is finding that
processed tomato products are a great source of
a naturally occurring chemical (carotenoid) and
antioxidant called lycopene. The research on
lycopene supports the role tomatoes play in
prostate cancer prevention. Studies have shown
that the risk of developing prostate cancer
decreased with increasing blood lycopene levels.

Research studies have found that consumption
of processed tomato products versus fresh
tomatoes facilitates the greatest absorption of
lycopene. The Heinz Corporation reports that
tomato paste delivers 2.5 times more lycopene
than fresh tomatoes. Why? It appears lycopene
is bound to the tomato's skin and fiber cell
structures; the processing increases the release of
lycopene from the cell structure. Additionally,
lycopene is not destroyed by heat.

To increase your lycopene level, registered
dietitians suggest consumption of red tomatoes
as they provide much more lycopene than yellow
or green tomatoes.

For now it appears a daily intake of 40-60
milligrams of lycopene provides the health benefit
of prostate cancer prevention. This amount of
lycopene can be obtained by drinking about two
eight-ounce glasses of tomato juice per day or
eating six ounces of spaghetti sauce. Other sources
of lycopene are pink grapefruit, pink guava,
watermelon, papaya and apricots. Only lycopene
from tomato products, however, has been shown to
have the benefit of prostate cancer prevention.

This leads one to believe that tomatoes have
additional properties, in combination with the
lycopene, that facilitate prostate cancer prevention.
For these reasons registered dietitians do not
recommend lycopene supplements.

Lycopene, like other antioxidants, helps
prevent and repair damaged cells by

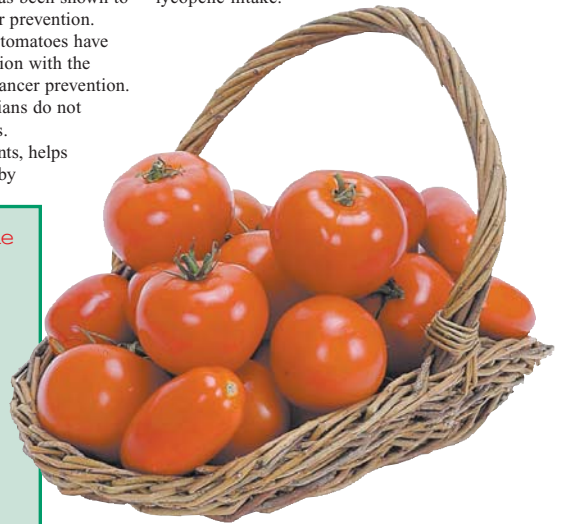
neutralizing free radicals. These reactions result in
a decreased incident of certain cancers (prostate
being one). A high intake of lycopene has been
found to decrease the risk of prostate cancer
anywhere from 21-34 percent.

As is the case for most benefits of good
eating habits, studies indicate that the benefits
of cancer prevention may require years of high
lycopene intake.

Approximate lycopene content in foods

(mg per 3.5 ounces)

Tomato paste	42
Spaghetti sauce	21
Chili sauce	19
Tomato ketchup	15
Tomato juice	9
Pink grapefruit	4
Raw tomato	3



Catch world-class theater productions locally

by Nel Lampe
Mountaineer staff writer

The Colorado Festival of World
Theatre was started four years ago. It
was based on a dream of its founders
— to give audiences an appreciation
and understanding of world cultures
and diverse ethnic cultures in our
own nation through theater. Founders
Carol Sturman, Linda Purl and Suzi
Bassani started small, with just a
gala as a fundraiser. The second year,
two performances were featured. Last
year, there were seven shows plus
eight cabarets.

Each year theater companies
from around the world are invited
to participate at the Colorado Festival of
World Theatre. A variety of classical,
modern, musical and cutting edge
theater is invited to the two-weeklong
festival, which is held in area theaters.

Theater companies, directors,
actors and playwrights from Great
Britain, Ireland, Italy and South Africa
have participated in the festival.

"We thought the world theater
would be a wonderful addition to

Colorado theater," said Bassani,
artistic director and producer of the
Colorado Festival of World Theatre.

The 2006 festival begins with a
fundraising gala held at the
Broadmoor Hotel, which is an elegant
evening of dining, dancing and
entertainment. This year's July 15
gala, includes Broadway Star and
Tony Winner Lillias White. She also
has several films and TV credits and
is a recording artist. The Peter Duchin
Orchestra will also perform at the
gala. Peter is the son of bandleader
Eddy Duchin. Tickets for the gala
begin at \$250.

The 2006 season of Colorado
Festival of World Theatre includes
"Black Comedy" by Sir Peter Shaffer,
author of "Amadeus" and other
plays, and is performed by London's
hottest young comedy troupe. It runs
July 20-24 in Dickson Auditorium
at Woodland Park High School,
151 N. Baldwin St.

"Talking Heads," by Alan Bennett,
who recently won a Tony, features
Lynn Redgrave as a middle-aged
Englishwoman who "finds her feet."

This performance is July 22-25.

"Toxic Audio," a theatrical vocal
band sings popular and original
songs with musical improvisation
and comedic sound effects in
performances July 24-28 in the Fine
Arts Center theater, 30 W. Dale St.

"Shakespeare's Villains" is
portrayed by London West End actor
Steven Berkoff. This performance is
July 26-29 in Studio Bee at the Pikes
Peak Center, 190 S. Cascade Ave. in
Colorado Springs.

"Emergence-SEE!" features
Daniel Beatty sliding in and out of
40 different characters in a story he
wrote about a slave ship rising from
the Hudson River near the Statue of
Liberty. This production will be on
Broadway later this year, said Bassani.
Performances are July 27-29 in the
Theatre at Pikes Peak Community
College, 5475 S. Academy Blvd.,
Colorado Springs.

"Frogz" is presented by Imago,
and is a theatrical menagerie of
wonder, whimsy and wackiness and is
performed July 25-29, in Dickson
Auditorium at Woodland Park High

School, 151 N. Baldwin St.

Special ticket prices for military
are available for the last two "Frogz"
performances on July 29, at 2 and
7:30 p.m. The military discount is 25
percent for adult tickets and 50 percent
for children's tickets for "Frogz."

"A Mountain Celebration" is a
traditional closing for the festival and
features headliners Mark Nadler
and Daniel Beatty, along with guest
performers and other entertainers.
A Western barbecue will also be
served at the July 30 celebration
in Woodland Park, at Kavanagh
Field, 116 S. West St., rain or shine.
Festivities begin at 3 p.m.,
with the performance at 4 p.m.
Tickets are \$50.

Ticket sales are going well,
Bassani said, and she urges people not
to miss the opportunity to see world
theater. For ticket information call
the box office at 955-2599 or go
online at www.ColoradoFestival.org.

Tickets are \$10, \$20 and \$45 for
adults and tickets for children ages
3-12 are \$12, \$16 and \$20. Military
members receive a 10 percent discount.

Community briefs

Miscellaneous

Fishing derby — The Directorate of Environmental Compliance and Management and the Directorate of Morale, Welfare and Recreation will host a fishing derby Saturday at Womack Reservoir. The event begins at 9 a.m. and runs until noon. Lunch will follow as will an awards ceremony. Grand prize is \$100. Entry fee is \$7 the day of the event or \$5 by preregistration. To preregister, contact Information, Tickets and Registration at 526-5366. The derby is open to all eligible MWR patrons. Those ages 3-16 must be accompanied by an adult.

TPRADFM benefit for survivors — Previously, survivors enrolled in TRICARE Prime Remote for Active Duty Family Members were automatically converted to TRICARE Standard as of the date of the sponsor's death and were not eligible for TRICARE Prime. Effective May 5, survivors currently enrolled in TPRADFM may retain their TPRADFM benefit for three years after the date of the sponsor's death if the family members continue to reside in the current TPR area. For questions about the new change in benefits, call (888) TRIWEST.

Computer security workshop — The U.S. Small Business Administration, the Pikes Peak Regional Development Corporation, Pikes Peak Community College and the Federal Bureau of Investigation are sponsoring a free computer security workshop Monday from 8 a.m. to noon at the PPCC Centennial Campus theatre, 5675 S. Academy Blvd. The workshop is designed for small businesses, including home-based businesses and sole proprietorships and nonprofit organizations. To register call 262-3844, extension 105, or e-mail coloradodo@sba.gov.

Colorado Springs Memory Walk — The Colorado Springs Memory Walk is a pledge event that raises money to support programs and services of the Alzheimer's Association, Rocky Mountain Chapter. It benefits persons with Alzheimer's disease, their family members and caregivers. The event is a five-kilometer walk held Sept. 9 at Antlers Park. Teams are forming now. Register by phone or online at 266-8773 or www.coloradomemorywalk.org.

Joe Gentry Track Troupe invitational track meet — An invitational track meet will be held Saturday from 8 a.m.-5 p.m. at Fountain-Fort Carson High School. This is a sanctioned track meet by USA Track and Field Inc. All athletes must be USA Track and Field members to participate. Admission to the event is free. Call Elaine Keel at 310-6796 or Catrina Horton at 200-7916 for more information.

Hypertension class — Do you have high blood pressure? Do you want to lower your risk of heart

disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Wellness Center, bldg 1526. To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

Career fair — The Employment Readiness Program, Army Community Service, is hosting a career fair in partnership with local companies at the Special Events Center, bldg 1829, July 7 from 11 a.m.-2:30 p.m. The fair will focus on assisting military spouses, family members, transitioning service members, National Guard members, Reservists and retirees in finding employment. Bring a resume. For details contact ACS at 526-4590/0452.

CASA needs volunteers — Court Appointed Special Attorney is a nonprofit organization that provides a volunteer's voice in court for children who are victims of abuse, neglect or domestic conflict and promotes community awareness of these issues. If you'd like to make a difference in a child's life, the Supervised Exchange and Parenting Time Program may be ideal for you. The SEPT volunteers oversee court-ordered parenting time and protect children from witnessing parental disputes when they're being exchanged from one parent to another. If you are over 18, have no felony convictions and can devote seven-12 hours per month, contact CASA at 447-9898, extension 1020, or e-mail reginar@casapp.org.

Women's Equality Day workshop — Fort Carson hosts a Women's Equality Day workshop Aug. 14 from 8 a.m. to 4 p.m. at the Elkhorn Conference Center, bldg 7300. Cost is \$13 per person and includes lunch. A free information fair will be held throughout the day. R.S.V.P. by Aug. 7 by contacting Barbara Dowling or Patricia Rosas at 526-0864 or 526-5818.

Burn ban in effect — Due to the dry weather conditions, the Garrison Commander, Col. Michael Resty Jr., has imposed a burn ban. Residents should refrain from using all open-flame charcoal or wood cooking, barbecue and heating devices that are not allowed on public property (parks and open spaces). This ban does not restrict cooking within family housing areas but residents are asked to use care when doing so. For more information call the Fire Prevention Branch, Fire and Emergency Services, at 526-2679.

Brown Road closure — Brown Road will be closed until Aug. 1. Brown Road currently only supports vehicles under 10,000 pounds. It is being upgraded to support increased vehicle loads to service Butts Army Airfield and facilities along Wilderness Road. Motorists may experience delays and disruptions along the following routes as work begins on heavy bridge facilities: Titus Boulevard between Sheridan and Barkeley avenues; Specker

Avenue between Khe Sahn Street and Magrath Avenue; and Butts Road between Specker Avenue and Bad Toelz Road. For more information on road closures contact Rick Orphan at 526-9267 or Maj. John Hudson at 526-4974.

Fountain-Fort Carson School District — Fountain-Fort Carson School District Eight has openings for food service workers, kitchen managers, food delivery drivers and a catering assistant. Call 382-1334 or apply in person at 11355 Old Pueblo Road in Fountain.

Teller County Fire Chief's Open Golf Tourney — Teller County Fire Department hosts a golf tournament Aug. 3 at Cheyenne Shadows Golf Course at Fort Carson. Deadline for registration is July 25. All proceeds go to the Teller County Fire Chief's Association for training and to help build a new hospital in Woodland Park. Cost for single players is \$120, for a foursome is \$480. There will be raffles and prizes including a motorcycle from Biker's Dreams in Colorado Springs, golf clubs and more. For registration call Dianna Taylor at (303) 907-0049 or (719) 484-0679.

Pikes Peak International Hill Climb — The Pikes Peak International Hill Climb is set for July 1. The race is the second oldest race in the United States. Since 1916, daring drivers and motorcycle riders have challenged this famous road. The course begins near mile seven on Pikes Peak Highway and ends 12.4 miles later at the 14,100 foot summit of Pikes Peak. Between are 156 corners, many of them hairpins, cliffs of 2,000 feet and no guardrails. This year, the PPIHC hosts a "Support the Troops" program, offering 50 percent off ticket prices for active-duty military and their families. For more information visit the Web site at www.ppihc.com.

Post Traumatic Stress help — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Drive. Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

Claims against the estate — Anyone with claims against or indebtedness to the estate of Cpl. Brock L. Bucklin, deceased, should contact 1st Lt. Nathaniel Hagen at 330-3835.

• Anyone with claims against the estate of or indebtedness to Spc. Luis D. Santos, deceased, should contact 1st Lt. Jessica Gutierrez at 338-9060.

• Anyone with claims against the estate of or indebtedness to Pfc. Timothy J. Madison, deceased, should contact 2nd Lt. Mark Miller at 524-5740.

Makeover

From Page 1

of September with a tentative completion date in May 2007, during which Specker will be closed to all traffic.

Because the intersection at Titus and Specker are being moved further north, a small portion of Titus will also be realigned through the bottom of Signal Hill, said Hudson.

The mass amounts of material taken out in order to help build the roads will be used for berms and leveling material at the site of the brigade's company and

motor pool area.

As for the brigade/battalion headquarters building, Hudson said construction won't get started on it until fiscal 2007. When completed, the 126,000 square-foot facility will accommodate the brigade headquarters on one floor and six battalion headquarters on another, Hudson explained.

Located south of the brigade/battalion headquarters building will be a dining facility. Behind both the headquarters building and dining facility will be the new barracks.

The total number of barracks space is planned to support roughly

1,215 Soldiers, said Capt. John Lory, Corps of Engineers and liaison officer to Fort Carson's directorate of public works. There will be parking space and access to the barracks from Barkeley Avenue.

Hudson said the portion of the project with the new brigade/battalion headquarters, company areas, motor pools and barracks is scheduled to be completed in fiscal 2008.

Although there are plans to build a division headquarters building for the 4th ID, where it will be located is under review, said Hudson. But, Lory said the plans for the new building call for a 135,800 square-foot facility

once a site is chosen.

Then, starting in fiscal 2009, construction for the light brigade will get started, said Hudson. Plans for the light brigade call for it to be located where the large container site is currently located on Magrath.

Hudson said there is going to be a lot of changes being made to Fort Carson's infrastructure due to the BRAC, and when it's all completed Fort Carson will look much different than it does now, but for the better.

Editor's note: Read the *Mountaineer* for more information on future construction projects.

In times of need, call upon God in prayer

Commentary by Lorrie Pies
Army chaplain spouse

"What makes resisting temptation difficult for many people is they don't want to discourage it completely."

— **Franklin P. Jones**

"...Pray that you will not fall into temptation."

— **Luke 22:40**

There is a lot of truth in what Jones says. Those things that tempt us in the beginning look "good," "pleasurable" and desirable to experiment with. They seem like dipping our toe into a pool to see if we want to jump in.

Deployment times present us with enticing attractions to put our toe into many "pools" that eventually become like swimming in a "cesspool."

We truly do not like to think of things that tempt us or our spouses who are deployed for months at a time.

It can make us uneasy because we know how easy it is to fall into temptation, and how hard it is to get out. That said, we all have areas where we are weak and undue stress can cause that weakness to manifest itself in desperate ways.

I am reminded of a sad story of a fellow military spouse who fell into temptation while her husband was away. Sadly, the family is no longer together. They and their child will live with that decision a long time. Although we know forgive-

ness and restoration can come, we also know that it is better to be obedient from the start. Yes, I know that it is much easier to write about than to actually do it. But I also know that if we continue with all of our heart to pray, pray and then pray again, God will not leave us without direction. If we continue to pray about our weaknesses, God can direct us so that we will not fall into temptation.

One way to help ourselves in this area is to find a confidant in whom we can confide in and be accountable to. A good habit to maintain

during every change of station move is to look for someone who would partner and pray with you on a weekly basis. This builds a strong friendship that can last many years and be a source of blessing. This habit has helped me tremendously to keep thoughts and feelings in check. It is also good to pray that our spouse will also have the same idea to keep themselves accountable to another while they are far from home.

It was the author, Matthew Henry, who offered this exhortation, "Arise, call upon thy God. When we find ourselves either by our outward circumstances or our inward dispositions entering into temptation, it concerns us to rise and pray, Lord, help me in this time of need."

Prayer: Lord, help us to recognize the areas where we are weak and tempted. Please open our eyes and hearts to situations that would bring us harm. We pray for all the Soldiers and their leaders that at stressful times, you would keep them from temptation. May your Holy Spirit permeate our surroundings, even when miles apart, to keep us pure and holy for your service. Amen.

Editor's note: This devotional is an excerpt from "Practical Praying in Days of Conflict," a 30-day prayer guide for military families while loved ones are deployed. This guide is a free downloadable resource on the Web site of the NationalDayofPrayer.org.



Chapel

Catholic religious education — The Catholic Religious Education process will begin Sept. 10. Registration forms will be available at Soldiers' Memorial Chapel in the library in August.

For more information contact Pat Treacy at 524-2458.

Catholic faith information classes — Inquiry sessions will begin July 17, 8 a.m. at Soldiers' Memorial Chapel. Adults who are interested in becoming Catholic and those who want to learn more about the faith are encouraged to attend.

Call Pat Treacy 524-2458 or Chap. (Col.) Richard Goellen at 526-5769.

Calling all volunteers — Volunteers are needed for chapel programs. Contact Dennis Scheck at 526-5626.

Catholic Women of Fort Carson — Catholic Women of Fort Carson will meet several times monthly beginning in September. Free childcare is available. New officers are also needed. For more information call Chap. (Col.) Richard Goellen at 526-5769.

Choir members sought — New singers wishing to sing with the choir at Mass may come prepare with the choir during the following times: Saturday, meet at 4:15 p.m. for 5 p.m. Mass; Sunday, meet at 8:15 a.m. for 9:15 a.m. Mass.

For more information call Kathy Jewell at 268-1835.

Summer worship — Summer worship at Soldiers' Memorial Chapel is held Sundays at 11 a.m. Children's church for those age 4-12 is held during the worship service. Youth activities are held monthly.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zusi/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoa	Veterans'	Titus	Chap. Pies/526-3888

JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

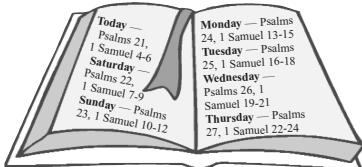
WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer — Please pray this week for the following:

Unit: For the Soldiers and leaders of the United States Army Reserve 90th Reserve Readiness Command, headquartered in North Little Rock, Ark.

Army: For the Soldiers and leaders of the 1st Armored Division, located in Wiesbaden, Germany, forward deployed in support of Operation Iraqi Freedom.

State: For the Soldiers and families from the state of Pennsylvania. Pray also for Gov. Edward Rendell, the state legisla-

tors and municipal officials of The Keystone State.

Nation: For the rich heritage and freedoms of our great nation on Independence Day. Pray for our leaders as they work to further democracy with others around the world.

Religious: For all Soldiers and families from The Progressive National Baptist Convention. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at www.usarmychaplain.com

Fort Carson National Night Out; Taking a stand against crime

by Joey Bautista

Army Community Service

National Night Out is the one night in the year set aside to promote crime and drug awareness.

The Fort Carson Army Volunteer Corps and Mayoral Program will host the National Night Out event Aug. 1 from 12:30-3:30 p.m. at Fort Carson Main Post Exchange parking lot.

The purpose of the event is to develop strong community ties, to provide ways and means to fight crime and drug abuse and to build a better and safer "hometown Fort Carson community." This event is conducted throughout America on the first Tuesday of August each year.

In 2005, more than 34 million people throughout the United States got involved. Last year, about 2,500 people participated in the Fort Carson NNO celebration.

This year will be the ninth year that Fort Carson will participate in National Night Out. For the past seven years, Fort Carson has received the Military

National Award for the "Best Military Installation National Night Out" event throughout military installations nationwide, and with community support, the Mountain Post hope to capture that title again for the ninth year in a row.

Fort Carson National Night Out is designed to:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;
- Strengthen neighborhood spirit and police oriented-community partnership; and
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.

National Night Out is not just one night of the year, but the culmination of yearlong crime prevention activity on Fort Carson and neighboring communities: people working together to prevent and address neighborhood problems.

It is an occasion to celebrate past successes, discuss current challenges or issues and rededicate to collaborative efforts with neighbors, police and

others to improve the quality of life in the community.

Fort Carson's National Night Out will have activities for all ages. Events will include a canine obedience training demonstration; self defense demonstration, crime awareness, children's fingerprinting, McGruff the Crime Dog, entertainment and an essay and art/photo contest:

The essay contest theme is "How can we keep our Fort Carson and neighborhoods safe from crime?"

The art contest is for youths 18 and younger. Entries must be turned in to ACS, Volunteer Office, bldg 1526, by July 24.

For more information call 526-4590/1082.

**Have an event you'd like to see
covered in the *Mountaineer*?**

Call 526-4144 or e-mail

Mountaineereditor@carson.army.mil

The open road is full of obstacles that can close a casket

Forces Command

On May 13, a special forces Soldier was fatally injured when a vehicle pulled in front of his motorcycle.

On March 12, a noncommissioned officer riding a motorcycle hit an oil spot on the road, dislocating his toe in the resulting accident.

Each and every story behind a motorcycle accident involves a different antagonist; from loose gravel to inattentive drivers to overconfidence.

So far during this fiscal year, 32 Soldiers have died in motorcycle crashes. The number is rising from previous years; 24 in 2005 and only eight during the same time period in 2004.

Safety reports document the reckless driving by Soldiers on motorcycles including speeding more than 100 mph, weaving in and out of congested traffic, driving under the influence and colliding with other vehicles.

— In October a staff sergeant attempted to pass a vehicle by driving into oncoming traffic, causing a head-on collision and the Soldier's death. The civilian driving the other vehicle in the accident had no injuries.

— In Germany, a warrant officer decided to pass an automobile at a high rate of speed around a curve, causing the bike to veer into a ditch. The Soldier became airborne and now lives with a permanent disability.

But not all of the reports ended with the words "... resulting in fatality."

For example in November, a wheelie-popping

Soldier sped into a parked car, resulting in a broken clavicle, torn ligaments in the wrist, broken thumb and a dislocated finger.

Another Soldier lost control of his motorcycle and hit a fence, severing a foot, fracturing vertebrae and his arm.

Examples of death and deformity may not persuade Soldiers to be safer on motorcycles, but daredevils and speed junkies should know they risk their military careers if they break the law while on their bikes.

State or local authorities can punish Soldiers with driving under impairment/driving while intoxicated or reckless driving charges that will result in some combination of fines, jail time, community service and probation. It is not widely known that civilian convictions can then put military careers at risk.

If a Soldier is convicted for reckless driving or DUI off post, his commander can write a letter of reprimand that is put in the Soldier's file, potentially affecting future assignments or promotions.

Military and local authorities share concurrent jurisdiction, meaning a Soldier can get arrested for serious traffic violations off post and the Army could prosecute the case.

According to the Uniform Code of Military Justice, a Soldier

convicted of drunken or reckless driving (Article 111) that does not cause injury to others can receive a maximum punishment of a bad conduct discharge, forfeiture of all pay and allowances and imprisonment of up to six months.

If a Soldier is convicted of the same offense but the case also involves the personal injury of someone else then the Soldier could face a Dishonorable Discharge, fines and jail of up to 18 months.

Soldier-drivers make simple and instant decisions all the time. Enjoying an extra beer before climbing on your bike or speeding a little faster to pass a minivan may seem insignificant at the time, but those choices can have long-term and devastating effects on your life.



Photo by Master Sgt. Dennis E. Beebe



Photo by Master Sgt. Dennis E. Beebe

Ready to give

Maj. Andrew Schell, executive officer, 759th Military Police Battalion, prepares to give blood June 15 at the Bonfils Blood Drive at Elkhorn Conference Center. Bonfils holds blood drives on post and around the community at various locations. Read upcoming editions of the Mountaineer for information on upcoming drives.

Safety

From Page 1

the test course, which will be set up by ABATE and graded by MSF standards.

In the SEC parking lot, there will be four events testing maneuverability, swerving, quick stopping and cornering. Trophies will be awarded to the top three contestants.

Also outside the SEC, automobiles and motorcycles will be safety inspected for free. A course using drunken driver simulation goggles will be set up to demonstrate the effects alcohol can have on drivers' perception.

The Fort Carson Fire Department will demonstrate the use of the Jaws of Life. Inside, there will be displays on motor vehicle safety and vendors will be on-site to provide information about products and services available to all.

The event is open to all Department of Defense ID card holders and their family members.

Lose your pet? Act quickly to claim

Veterinary Treatment Facility

Beginning July 1, the Pikes Peak Humane Society will no longer accept stray animals from the Fort Carson Veterinary Treatment Facility. This means that the VTF will be forced to euthanize animals not claimed after three working days, beginning July 1.

It is mandatory that all pets on post be microchipped and registered with the VTF. This is vital to your pet because all animals are checked for microchips and identification once they are brought to the stray facility. Staff members then make every attempt to locate owners before any other action is taken.

Besides registering and microchipping your pet, it is also important to keep all contact information up to date.

If an animal's record or microchip has incorrect information, it can be nearly impossible to locate the owner.

The Fort Carson VTF currently works with local rescue organizations to find homes for as many animals as possible, but the staff also needs pet owners to take an active role and comply with post regulations. By the Fort Carson community and the VTF working together, we can ensure that animals are quickly returned to their homes and avoid any misfortune.

To update existing microchip contact information please call: Home Again pet recovery system at (866) 738-4324 or Avid at (800) 336-2843.

All other microchip companies are not readable by the VTF.

For more information call the VTF at 526-3803.

Baby birds, nests protected by federal law

Directorate of Environmental Compliance and Management

Spring and summer are active times for wildlife on Fort Carson, including the arrival of nesting birds. Residents are reminded that virtually all animals, including birds and their nests, are protected by federal and state laws and regulations and are not to be disturbed once they are built.

Parents are highly encouraged to teach their children to respect wildlife and view them from a distance, and never attempt to disturb or harm animals.

If baby birds (featherless) are displaced from a visible and reachable nest, they can be picked up and placed back into the nest. If young birds (feathering) are found on the ground, leave them alone, as they are learning

to fly and the mother is probably trying to feed them and care for them. Birds that have been injured or definitely orphaned may be cared for by contacting Fort Carson Wildlife (524-5338/5393/5394/5356) or transporting them directly to Wild Forever located at 1424 N. Hancock in Colorado Springs.

Wild Forever is a local animal rehabilitation organization that rescues and rehabilitates orphaned and injured wildlife.

For more information about Wild Forever visit the Web site at www.wildforever.org or call 475-9453.

For information about local wildlife, call the Directorate of Environmental Compliance and Management Wildlife Office at 524-5338.

RINGLING BROS. AND BARNUM & BAILEY COMBINED SHOWS

Story and photos by Nel Lampe
Mountaineer staff

Barnum & Bailey Circus has unloaded the animals and equipment at the Fort Carson railroad.

The train cars remained on post during the circus run, June 14-18.

The circus gave vouchers for tickets to Directorate of Morale, Welfare and Recreation for distribution to Soldiers as a gesture of appreciation.

Members of the Mountain Post community who attended the Ringling Bros. and Barnum & Bailey Circus were treated to two hours of circus acts at the World Arena as well as an hour's pre-show. Early arrivals were able to visit the animals in an area set up in the parking lot and saw elephants, goats, horses, llamas and "zonkeys," a cross between zebras and donkeys.

Upon entering the World Arena, the early crowd saw acrobatic acts, clowns and an elephant perform. The audience members could get up close to the performers, ask for autographs and interact with the clowns.

Once the show was under way, the crowd was treated to "the greatest show on earth," as acrobats, clowns, Cossacks on horseback, dancers, aerialists and a high wire act performed. Trained cats, dogs and doves danced and jumped, as did the elephants and horses. A strong man demonstrated his strengths, dancers danced and motorcyclists performed amazing maneuvers inside a large metal sphere.

Hawkers sold snow cones and cotton candy and children twirled flashy lights as the ringmaster announced the acts at the Ringling Bros. and Barnum & Bailey Circus put on its 136th edition.

After eight performances, the run was over. Lights and highwires came down. Handlers started their animals on the walk to Fort Carson as circus equipment was loaded onto trucks about 6 p.m. Sunday.

Near Gate 4, the animals walked to the waiting animal train cars and entered the cars, assisted by handlers. The train later headed for the next stop: Las Vegas. The show must go on.



Clowns, elephants, horses and dancers perform an extravaganza number at Saturday's Ringling Bros. and Barnum & Bailey Circus at the World Arena.



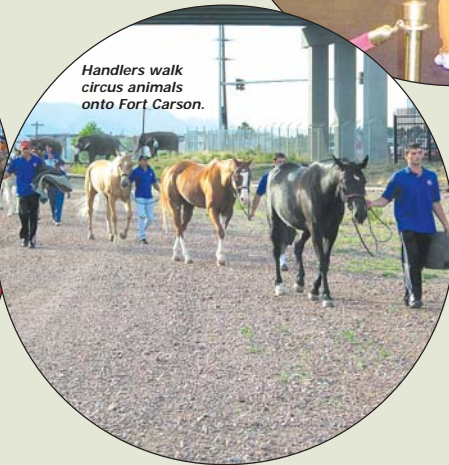
Acrobats perform their routine during the preshow at Saturday's circus performance.

Four animal cars and 18 equipment cars arrived at the railroad June 13. Eight elephants, two "Zonkeys," two goats, two llamas and 11 horses were unloaded from the air-conditioned, steel animal cars and walked the 1.9 miles to the World Arena under the direction of their trainers.

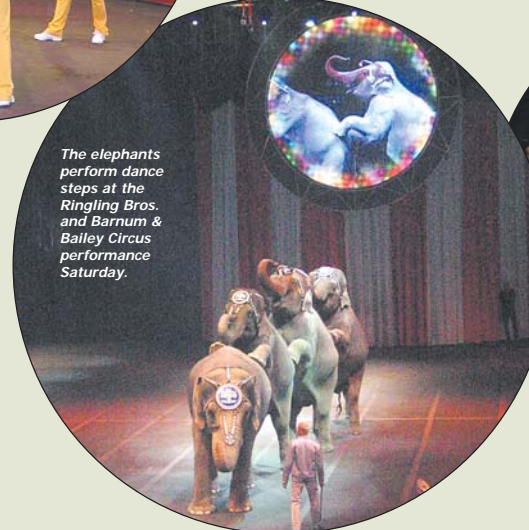
Marti Schaefer, Directorate of Logistics, Transportation Division, said this is the second year Ringling Bros. and



A clown performs his circus act during the preshow Saturday.



Handlers walk circus animals onto Fort Carson.



The elephants perform dance steps at the Ringling Bros. and Barnum & Bailey Circus performance Saturday.



People who came early could interact with the clowns, as Emily Stein did.

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Cap off the perfect evening
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display, choreographed to your
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every thursday, july 6 - august 10

iron horse park

julio and me - July 6

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Fort Carson, Colorado



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Horses head down the trail five
times a day Wednesday through
Sunday. Trail rides are for riders 7
years of age or older.

Put your Buckaroo on a pony:

Young children ages 2 - 9 can ride
for 10 minute increments to fit
their attention span. Ponies are
available Wednesday through
Sunday from 1100 - 1500.

Turkey Creek Ranch

719-526-3905

Renaissance Festival

Story and
photos by
Nel Lampe

Mountaineer staff



A group performs medieval-style music in the Larkspur hamlet where the Renaissance Festival is held.

Once upon a time in the hamlet of Larkspur, not far from the city of Colorado Springs, there lived a king and his royal family. Every year, for 30 years, the good king opened his village to everyone in the realm for eight weekends. The king called this time the Colorado Renaissance Festival.

For those eight weekends, the medieval-style hamlet of Larkspur comes to life. Revelers, knights, maidens, musicians, artisans, damsels, jesters, entertainers, story tellers, wenches, peasants, squires, swashbucklers and shopkeepers fill the village just off Interstate 25 north. Old English is the language spoken throughout the village.

For 30 years, thousands of citizens from the realm of Colorado fill the king's village for merrymaking each weekend of the festival.

Although hundreds of costumed participants are employed by the festival, many of the costumed merrymakers are paying patrons. Many families are dressed in medieval costumes, from simple cloaks to elaborate suits of mail or feathered hats. Kilts are common and all kinds of clever costumes have been fashioned by visitors. It's a great place to wear that renaissance

Harp & Minis



A wedding is under way at Canterbury Chapel in the Renaissance Festival village of Larkspur.

See **Renaissance** on Page 26



Crowds of people line up to buy tickets at the ticket sellers' office near the entrance to the Renaissance Festival during opening weekend.



Knights compete in a jousting tournament in front of the royal family.



Places to see in the Pikes Peak area.

June 23, 2006

Renaissance

From Page 25

costume or medieval hat you bought at a previous fest.

Or, if you just want to get into the spirit, stop at the costume shop near the entrance and rent a costume. Rentals start at about \$25 for an adult costume. Children's costumes rent for less.

Although a renaissance festival is all about fun, it's also a history lesson. A few hours at the festival is similar to spending a few hours in the middle ages. The medieval atmosphere is perpetuated by Renaissance Festival participants who stay in character while interacting with visitors, addressing them as "milady," or "milord." The pageantry, setting, costumes, ambiance and language bring medieval history to life.

To enter the kingdom, visitors must purchase a ticket from a ticket-seller, who accepts cash, Master Card or Lady Visa for the \$16.95 admission. Children under 12 are admitted for \$8.

The 16th century-style marketplace is filled with shops, stages and games that might have been enjoyed by fest-goers 500 years ago. Participants willing to pay a few bucks can try the medieval-style games, such as climbing Jacob's Ladder or riding Leonardo Di Vinci's Ride. Other choices include The King's Swing, Dart Toss, Ship Ride, Sliding Horse or Giant Rocking Horse. Throw tomatoes at the guy in the stocks at "Vegetable Justice." Try your skill at archery. Ride the elephants or camels. Climb a wall or explore a dungeon.

A free petting zoo for children is in the Children's Realm near the jousting arena.

Open-air stages throughout the village have scheduled shows that run about a half-hour. Acts include comedians, story tellers and dirty Washing Well Wenches. There's magic, hypnotism, and whip masters. Ded Bob and his dummy "Smudge" put on a comedic act. There's Puke and Snot and their fast-paced comedy routine, loaded with double meaning. "Cast in Bronze" is a carillon of bells set up near the jousting arena.

Artisans demonstrate some of their techniques, such as glass blowing, pottery firing, candle making, leather designing, blacksmithing and blade forging.

Vendors walk the village grounds, selling pickles, pretzels and cheesecake.

Various musical groups perform throughout

the village. Visitors can get their hair braided, faces painted or a henna tattoo by paying the fee.

Shops sell souvenir T-shirts, games, pottery, masks and wooden swords. Fancy flower and ribbon headpieces are sold. Elaborate silky costumes are available. There are sky chairs, hammocks and sandals.

The royal family greets visitors from atop the entrance gate when the festival opens, presides over the jousting matches and parades through the village at 1 p.m.

Jousting matches are in the jousting arena, for the pleasure of the royal family entourage, who watch from a shaded seating area. Three jousting matches take place at 11:30 a.m., 2:30 and 5:30 p.m. Try to see one of the jousting matches. Seating is on the grass near the jousting field at the extreme east side of the village. The American touch is added to the medieval sport as "cheerleaders" divide up the crowd and lead cheers for a designated knight.

Although renaissance festivals are held throughout the country, many are held on fairgrounds or city streets, perhaps with tents or other temporary setups. The recreated 16th century village and marketplace at Larkspur is on a forested site, with permanent shops constructed in medieval style, which adds to the ambiance.

Although visitors come for the fun and atmosphere, the food and drink are hard to resist. Menus are extensive, leaning toward the Middle Ages style — no utensils.

Turkey drumsticks, sausage or steak on a stick are leading sellers. Choices include corn on the cob, baked potatoes, soup in a bread bowl and salads. There are sandwiches, ice cream, cinnamon rolls and bagels. Pick pizza slices, pasta dishes or sandwiches.

Food items are a la carte and vary in price from \$2.50 for a baked potato to \$4.50 for a steak on a stake or a turkey drumstick. Bottles of water and soft drinks are about \$2 — choose lemonade, ice tea, coffee or carbonated drinks.

Desserts include ice cream, cobbler, chocolate bananas, chocolate covered cheesecake and other chocolate choices.

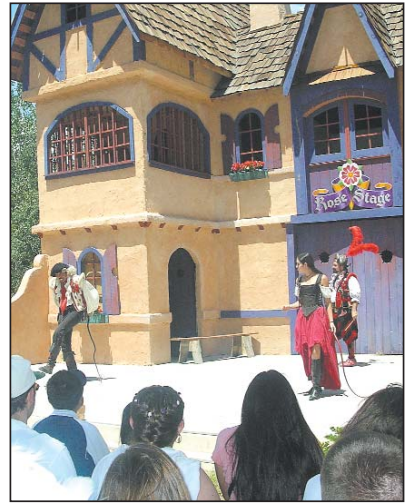
Ale, mead, wines, beer and water are sold throughout the village, but photo identification must be shown.

Tables and benches are scattered throughout the village for a brief rest or to enjoy the food.

The renaissance village is in a hilly, wooded area. Some visitors bring wagons or strollers for young children. Remember to bring sunscreen or hats as there's lots of sun in between the trees, and little shade near the jousting arena.

Pets aren't permitted at the fest.

There's a theme for each weekend of the



Tricks with whips are part of the act on Rose Stage at the Colorado Renaissance Festival.



Arsene of Paris performs on the Globe Stage at the Renaissance Festival.

Renaissance Festival. This weekend is "Love and Romance." Children's weekend is July 1 and 2, when children 12 and under are admitted free with a paying adult. July 8 and 9 is Wine Gala weekend. International Carnivale is July 15 and 16. The Scottish and Irish Festival is July 22 and 23 and features a "Men in Kilts" contest. The final weekend, July 29 and 30, is "Fare Thee Well."

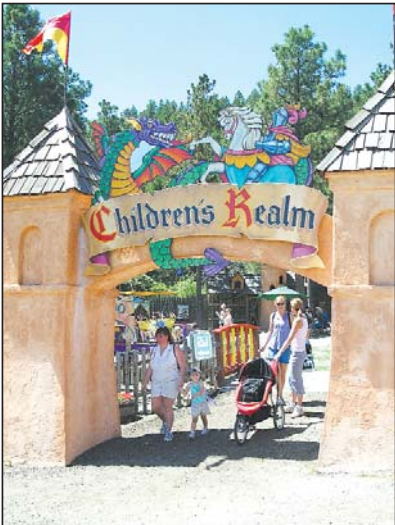
The entry fee is \$16.95 for adults and \$8 for children ages 5 to 12. Discounted tickets are sold at Information, Tickets and Registration office on post, which are \$2 less for adults and 50-cents saving for children's tickets.

Group parties, family reunions, celebrations or weddings can be held at special grounds in the village. Call (303) 688-6010 to make arrangements.

Be sure to bring plenty of money to buy food, liquid refreshment and souvenirs. There are automated teller machines in the village.

Colorado's Renaissance Festival is about 45 minutes north of Colorado Springs. Take Interstate 25 to exit 172. Signs mark the way.

You'll be directed to a free parking lot and free shuttles ferry people between the lots and the entrance gate every few minutes. Fest hours are 10 a.m. to 6:30 p.m., rain or shine, Saturdays and Sundays through July 30.



A free petting zoo is in the Children's Realm, near the Jousting Arena.

Just the Facts

- **Travel time:** about an hour
- **For ages:** all
- **Type:** Medieval festival
- **Fun factor:** H H H H H
(Out of 5 stars)
- **Wallet damage:** \$\$\$ plus food
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)

Happenings

Get Out!

Free summer concerts

Every Wednesday through Aug. 23, there's a free concert at 6 p.m. in America the Beautiful Park. The park is near Interstate 25 and Bijou Street, turn south on Cimino Drive. Concerts will be cancelled in case of rain. The concert Wednesday is "The Stringdusters," playing bluegrass.

North Pole open

Santa's Workshop at the North Pole is open for its 50th season. Half-price tickets are available with a coupon from the Web site www.Santas-Colo.com, making admission \$7.95 through June 30. The theme park is off Highway 24 West at Cascade.

July 4 activities

Sky Sox vs. Portland, 7:05 p.m. July 3, followed by fireworks at Security Service Field. Tickets are \$7-\$9.

Buckskin Joe celebrates an old-fashioned July 4 with family games, etc. Buckskin Joe is west of Cañon City on the road to Royal Gorge Bridge; call (719) 275-5149.

The 84th Race to the Clouds on Pikes Peak Highway is July 1, with half-price tickets for military. Go to www.ppihc.com or call (866) 464-2626. Tickets are sold on race day at the Pikes Peak Highway toll road entrance. The toll road opens at 4 a.m. July 1 for fans, who

must be in place before the 9 a.m. race start.

A free fan fest is 5-10 p.m. on Tejon Street downtown June 30, with a Red Bull TNT freestyle motorcross show.

"Fabulous Fourth" is celebrated in Memorial Park at 7 p.m. July 4. The Colorado Springs Philharmonic will be joined by the U.S. Army Field Band and Soldiers Chorus.

Old Fashioned July 4th at Rock Ledge Ranch has free admission for military with identification. There are old-fashioned games, hot dogs, ice cream, wagon rides, a Buffalo Soldiers' drill, and a brass band — 10 a.m.-5 p.m. Regular admission is \$2-\$6.

Royal Gorge Bridge, west of Cañon City, has live entertainment July 1-4.

The Rocky Mountain Dinosaur Resource Center in Woodland Park has half-price admission with military identification July 4, 5. Hours are 9 a.m.-6 p.m.

Fort Carson celebrates July Fourth on the third in Ironhorse Park, starting at 4 p.m., finishing with fireworks at 9:30 p.m. Bring lawn chairs or blankets. There'll be fun, games and food available.

The Air Force Academy celebrates Independence Day with music by Blue Steel, from 7-9:20 p.m., and if fire conditions permit, fireworks will be at 9:20 p.m. This event is only open to Department of Defense identification cardholders and their guests, who should use the north gate entrance at Exit 156-B off Interstate 25. Fireworks can be viewed from the cadet athletic fields.

The Cross-country Classic Car Race, which starts in Philadelphia Saturday will make an overnight stop July 1 at 6 p.m. on "B" Street

at the Union Depot in downtown Pueblo. Pueblo citizens will welcome the 100 classic cars with music, food and fun in the historic avenue district.

The 3rd Annual Rollin' on the Riverwalk Concert is in the historic district in downtown Pueblo July 1, featuring "Yesterday — a Tribute to the Beatles" and the Pueblo Symphony at 7:30 p.m. Food and boat rides are available beginning at 3:30 p.m.

Rodeo parade

The Pikes Peak or Bust annual rodeo parade, with the theme "The Legend Grows," is set for July 8 in downtown Colorado Springs. This annual parade kicks off the rodeo big time — it's the biggest parade in the area. It begins at 10 a.m. A "Western Heritage Street Festival" follows in Acacia Park with a concert by Mark Wills at 9 p.m. Call 262-7160 for information.

Fort Carson night at the rodeo

The 66th Pikes Peak or Bust Rodeo is July 12-16 in Norris-Penrose Stadium, on Rio Grande between Eighth and 21st streets. Tickets are on sale at TicketsWest, 576-2626. Fort Carson night is July 14. Soldiers and their families get a \$2 discount.

Dancing horses

The world-famous Lipizzaner Stallions will perform at the Colorado Springs World Arena July 2, at 2 and 6 p.m. Tickets for adults are \$22.50 and \$19.50, and children's tickets are \$20.50 and \$17.50. Tickets may be purchased at World Arena box office or TicketsWest at 576-2626.



Courtesy photo

White-water rafting

The Arkansas River is running high from the snowmelt this year and conditions are great for white-water rafting. Call the Outdoor Recreation program at 526-5366 to sign up for a trip, which includes all equipment and transportation.

Buster's Baghdad

by Maj. James D. Crabtree



SPORTS & LEISURE

Coaches look for winning season

Story and photos by
Walt Johnson

Mountaineer staff

When the Orioles and the Tigers got together at the post youth softball fields Saturday it marked the first game for the 10-12 year-old baseball league on post this year.

The game, which was an exciting contest for the most part, was a true reflection of what youth baseball is about for children at this level as Joseph Wisniewski, Tigers coach, and Ken Neuman, Orioles coach, did what they like doing best.

The coaches knew their young charges would be a bit rusty and not in mid-season shape since they only had a few practice sessions.

So they brought to the field with them the one thing they believe young players need, patience and a desire to teach.

"I used to be a high school baseball coach and now I am coming back to a level where I have to go back to the basics and teach the young players the fundamentals of the game," Neuman said.

"I enjoy coaching a lot and I love to watch the way the kids develop over time. During the season we see the way the team improves and

that is what it's all about for me," Wisniewski said.

Neuman said he has two things he wants to get across to his players. One is they have to understand the game of baseball and the best way to play it and also what it means to be a good baseball player and a good person.

"Baseball is an aggressive sport whether people can see that or not. What I want my players to understand and learn is how to play the game aggressively. What I found at the high school level is kids don't have the type of aggressiveness it takes to play the game. When I say being aggressive, I mean if there is a pitch that can be hit, it should be hit. Also this game is about running and I want my players to learn how to run hard on the bases and in the field. I have always felt you don't have to be a great athlete to out hustle everyone else on the field," Neuman said.

"One of the things I also teach my teams is to win with class and lose with class. If they want to learn how to play the game any other way they won't learn it from me. I want us to go about our business and be a quiet and respectful team. I want the kids to understand what it's like to have the

See **Baseball** on Page 42



Orioles outfielder Nick Dudding celebrates after making a catch Saturday at the youth baseball field.



An Orioles pitcher delivers to home plate during action Saturday at the youth baseball field.



Orioles first baseman Jack Palmer fields a ground ball and then goes to first to get an out Saturday.

On the Bench

All American hoops team coming to Mountain Post

**Story and photos by
Walt Johnson**

Mountaineer staff

The under 18 team that will represent the United States in the FIBA tournament at the U.S. Olympic Training Center Wednesday through July 2 has been selected.

Making up this year's team will be many athletes who will be improving their games at major colleges in the country and some who will be playing high school basketball next year. Competing for the U.S. team (with the college they have committed to verbally or signed a national letter of intent in parenthesis) will be: Jayne Appel and Kayla Pedersen (Stanford); Tina Charles and Maya Moore (Connecticut); Nikita Gartrell (North Carolina State) and Brittainy Raven (Texas). High schoolers selected to the team are: Victoria Baugh; Kelly Cain; Stefanie Gilbreath; Jantel

Lavender; Italee Lucas and Khadijah Rushdan.

The FIBA Americas under-18 championships will take place in Colorado Springs at the U.S. Olympic Training Center June 28-July 2.

The U.S. team will be in action today at 5 p.m. when it meets Canada in an exhibition match at the post Special Events Center. The contest will be a scrimmage game for the teams as they prepare for the 2006 games.

The event is being hosted by USA Basketball and will include teams from Argentina, Brazil, Canada, Costa Rica, the Dominican Republic, Paraguay and Puerto Rico. The scrimmage game will be free of charge at the Special Events Center as will the games that will be played at the Olympic Training Center.

There will be four games each day beginning with an 11:30



Italee Lucas, with the ball, drives to the hoop during training camp action at the U.S. Olympic Training Center Sunday. The U.S. under-18 all America team will be in action today at 5 p.m. at the Special Events Center when it hosts Canada in an exhibition game.



Photo by Walt Johnson

Diving in

Fort Carson aquatics center patron Billy Bailey makes a dive into the swimming pool Saturday as he joined many post patrons in beating the heat by enjoying the outdoor swimming facility.

Bench

From Page 32

a.m. tip-off and the final contest each day will begin at 6:15 p.m. The specific tournament schedule can be found at: www.usabasketball.com/women/2006/06_wu18_results.html.

The Directorate of Morale, Welfare and Recreation will be holding tennis matches for anyone interested in playing doubles matches beginning Saturday at the Mountain Post Sports Complex.

According to Steve Hollister, DMWR sports, matches will be played on Saturday from 9 a.m.-1 p.m. "The first few Saturdays will be used to assess skill levels and the games will consist of one set of matches," Hollister said. For more information on the program contact Hollister at 526-1023.

The DMWR will sponsor a fishing derby at Womack Reservoir Saturday from 9 a.m. to noon. After a one hour break for lunch, an award ceremony will take place at 1 p.m.

The grand prize will be a \$100 award with another grand prize being given to the person who catches the longest fish. Additional prizes will also be awarded by age group. The preregistration fee for the derby is \$5, or a \$7 registration on the day of the event. Day of derby registration will take place from 7 to 8:30 a.m.

To register for the event contact the Information, Tickets and Reservation office at 526-5366 or go to <http://mwr.carson.army.mil>.

There will be an exciting event for basketball fans at Ironhorse Park July 3rd as the post hosts its "4th on the 3rd Independence

Mountaineer Sports Feature



Shooting for par

Mary Barber, Directorate of Environmental Compliance and Management, watches her ball roll toward the hole for a chance at par on the ninth green at Cheyenne Shadows Golf Club, while her partner, Birgitte Tingley, DECAM, looks on. The two women were a part of a three-person team at the commanding general's monthly golf scramble June 15. The CG's monthly golf scrambles are usually held on a Thursday toward the middle of each month, weather permitting.

Mountaineer Sports Feature



Photo by Walt Johnson

Fans of the week

It wouldn't matter to these fans and players with the 571st Medical Evacuation Company if their team won or lost its softball games each Thursday during coed action at the Mountain Post Sports Complex. The unit's members come out in force to cheer each other on and that is an extension of the way they work together while performing their mission for the Army, according to Robert Price, seated in the first row from left. "We get a lot of support from our spouses and all the players have kids that we bring to the game. We have a real tight-knit group. We've been together about four years now, we have served two tours in Iraq together and we will be leaving for our third tour shortly. We have pilots and crew chiefs playing together and our lives are in each other's hands every day."

Mountaineer Sports Standings

American League

Team Name	W	L
A Co, 2/2 STB	5	0
HHC, 7th ID	8	2
3rd ACR, ABA	9	3
Maint Co/RSSS	7	3
MEDDAC	4	4
43rd ASG	1	1
D Co, 2 BSB	1	1
59th QM	1	1
D Co, 1/3	1	2
A Co, 1/9	1	4
68th CSB	0	3
230th Finance	1	10



Photo by Walt Johnson

World Class Athlete Program shortstop Tony Claiborne gets set to connect on a pitch during coed softball action June 15 at the Mountain Post Sports Complex. Coed action takes place each Thursday at the complex.

Western Conference

Team Name	W	L
43rd CEC	2	0
HHC, 1/12 Inf	4	1
1st MOB	5	4
71st OD GP	4	4
S & T Troop	4	5
89th Chem	4	5
7th ID, IRT Co	4	5
HHC USAG	2	8
3/61 Cav	1	2
O Troop, 4/3	1	5
13th ASOS	0	2
HHC, 43rd ASG	0	2



Photo by Walt Johnson

Picture day

Dallas Wesselink, left, joins Ella Koschwanez, center, and her mother Erin Koschwanez for picture day at the post youth center Saturday. Both of the children's dads are currently supporting the war effort in Iraq.

Bench

From Page 33

Day Celebration."

Former NBA greats Rick Barry and Kiki Vandeweghe will be at the Mountain Post for about two hours between the hours of 4 p.m. and 9 p.m. to sign autographs for people at the park.

In addition to the NBA stars, a replica of the NBA championship trophy will be at the park and anyone who wishes can get their picture taken with the trophy.

The Colorado Springs Flames, a semipro football team that features members of the military community in Colorado Springs, will next be in action Saturday when it hosts the Denver Wildcats at Fountain-Fort Carson High School's Guy Barrickman Stadium on the high school campus.

The game will be military appreciation night also as any member of the armed services holding an identification card (which must be presented at the gate) for active duty, National Guard or Reserve will be admitted to the game free. Military family members will have to pay to get into the game. Tickets will be available for purchase at the gate starting at 6 p.m. for attendees.

The ticket prices are: \$4 for

adults, \$3 for children 10-17 and free for children under 10.

The Flames would like to remind people that concessions will be available at the game. No coolers are allowed inside the stadium.

Rocky Mountain State Games officials are looking for volunteers. The Rocky Mountain State Games will be played Aug. 4-6 at the Mountain Post and in the Colorado Springs and Denver areas.

Volunteers are needed for events ranging from opening ceremonies to athlete check in, information booths, setting up and tearing down events, course guards, crowd control and traffic direction, scoring, timing, hospitality awards ceremonies, tabulating results and other activities. If you want to volunteer or want more information on volunteering contact state games officials at 634-7333, extension 1009.

Some of the Rocky Mountain State Games events will take place at Fort Carson. The events scheduled to be held at the Mountain Post facilities are: bowling, flag football, golf, power lifting and wrestling. Events scheduled to be held at the Air Force Academy are: archery, judo, flag football (seven on seven), soccer, tennis, and track and field.

Baseball

From Page 31

privilege of playing baseball," Neuman added.

Wisniewski said he wants to make sure the team remembers that playing sports is about having fun and learning in a fun environment which he and his coaches make a conscious effort to give the kids at each opportunity.

"I want my kids to come out, play hard, learn the different positions and have fun because that is what it's all about. What we do as a coaching staff is keep enforcing the basics. We are always encouraging our players and reminding them that they are doing well at learning the game and learning how to play the game. We are constantly telling them the fundamentals and knowledge of the game will come so if you do make a mistake don't get upset and keep trying," Wisniewski said.

Neuman said his coaching staff has the same philosophy when it comes to getting his players ready to play and tells his young players that at this age they will not be able to master the game in one year and they must stay in it for the long haul.

"I really don't care about winning and losing at this level because there is no Fort Carson or Air Force Academy (where the team will also

play) championship to be won. This is a stepping stone for all these kids. My team is going to make errors and it's possible they will make a ton of errors.

"It doesn't matter how many practices and games we play, the team is going to make errors. Like I tell them, if you learn from those errors that is how you improve as a player. It may take a player making the error enough times to say this is how I will not make the error again.

"I want my players to go through the repetitions of having ground balls hit to them and fly balls hit to them. Eventually the way to handle the balls becomes habit. Then if you do happen to make an error you understand what it was and you know how to handle it and not make that same error again," Neuman said.

Neuman said a lot of children play baseball at this age but drop it before they get into high school. He said what he wants to do is give them the tools so they can say I want to play or I don't want to play. He said he hopes that coaches like himself who work hard to give the kids the knowledge to understand the game will help them choose to play baseball as they get older.

"The game is supposed to be fun and it's a lot more fun when you know what you are doing," Neuman said.



An Orioles player ducks out of the way of a pitch during action Saturday at the post youth baseball field.